DESC! MANIMABLE COPY

SPORTS TRAINING AND CONDITIONING DEVICE

BACKGROUND OF THE INVENTION

A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, includes a handle shaped like the grip portion of the implement, the handle having first and second ends, and a weight on the second end of the handle, the center of mass of the weight being less than about 13 inches from the first end of the handle.